

The 90-Day Program is a program for you to do at home that is adapted from the 3-Step Protocol in Dr. Blum's *Healing Arthritis* book. We will provide you with a Healing Arthritis Supplement Kit and an Instruction Guidebook that will take you through Step 1 (Two-Week Jump-Start Leaky Gut Diet for Arthritis), Step 2 (Two-Month Intensive Gut Repair), and the *first two weeks* of Step 3 (Finish-What-You-Started Six-Month Program) of the 3-Step Protocol. **Additional information, including information about the doses of the supplements in the Healing Arthritis Supplement Kit, is available in the Instruction Guide.**